

# July Senior Center Gazette 2006



## LUAU!! FRIDAY, JULY 14

Join in the Fun!

**Luau & Birthday Party**

**Luau Lunch at 12 Noon**

Sweet & Sour Pork, Roast Pig,  
Mahi Mahi, Rice Pilaf with  
Macadamia Nuts & Raisins,  
Vegetables, Dessert  
\$5 and \$7

**1:30 p.m. Birthday Party**

**Entertainment by**

**Na Mamo O Ke Anuenue**

**A Kamakani**

**Hawaiian & Tahitian Dancing**

Join in the festivities of our July Luau & Birthday Party. A special Luau lunch will be served at 12 Noon. And, even if July is not your birthday month, come to enjoy the music, dancing, and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served. Prizes will be awarded in a drawing July birthday Seniors. Prizes have been donated by Kathy's Floral Designs, Atria's Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

### Riley's 4<sup>th</sup> of July Barbecue on

**Friday, July 7 at Noon**

Chicken, Ribs, Sausage  
Corn, Beans, Potato Salad  
\$5 members, \$7 non-members  
Buy your tickets early!

**The Fremont Senior Center**

**will be closed on**

**Tuesday, July 4<sup>th</sup>**

**Happy Independence Day!!**

## COMMUNITY SERVICES

<b>FREMONT HUMAN SERVICES DEPARTMENT.....</b>	<b>574-2050</b>
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
<b>LIFE ELDERCARE.....</b>	<b>574-2090</b>
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
<b>AFGHAN ELDERLY ASSOCIATION.....</b>	<b>574-2059</b>
<b>ALAMEDA COUNTY WEBSITE.....</b>	<b>www.alameda.networkofcare.org</b>
<b>ALZHEIMER ASSOCIATION HOTLINE.....</b>	<b>1-800-660-1993</b>
<b>ALZHEIMER'S SERVICES OF THE EAST BAY.....</b>	<b>888-1411</b>
<b>BACS ADULT DAY CARE CENTER.....</b>	<b>656-7742</b>
<b>COMMUNITY HEALTH RESOURCE LIBRARY.....</b>	<b>494-7030</b>
<b>EAST BAY PARATRANSIT.....</b>	<b>1-800-555-8085</b>
<b>HEALTH INSURANCE INFORMATION SERVICE.....</b>	<b>1-800-770-9447</b>
<b>HOMESERVICES REGISTRY.....</b>	<b>574-2095</b>
<b>HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....</b>	<b>494-4500</b>
After hours.....	494-4505
<b>LEGAL ASSISTANCE FOR SENIORS.....</b>	<b>1-800-393-0363</b>
<b>MEDICARE.....</b>	<b>1-800-952-8627</b>
<b>MEDICARE &amp; INSURANCE COUNSELING (HICAP).....</b>	<b>1-800-393-0363</b>
<b>TRI-CITY HEALTH CLINIC.....</b>	<b>713-6685</b>
<b>SENIOR LIBRARY SERVICES.....</b>	<b>745-1499 or 745-1491</b>
<b>SOCIAL SECURITY.....</b>	<b>1-800-SSA-1213</b>
<b>TRI-CITY ELDER COALITION.....</b>	<b>574-2064</b>

## Heritage Tours of Fremont

**With Tour Guide, Al Minard**

**\$15 price includes a box lunch**

**Sign up at the Office.**

**Niles & Irvington**

**Friday, July 28, 10-4 pm**

**Monday, Oct. 2, 10-4 pm**

**Centerville & Mission San Jose/**

**Warm Springs**

**Friday, Aug. 25, 10-4 pm**

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**Competitive Bidding &**

**Defensive Play**

**in Modern Bridge**

**8 classes/\$80 or 6 classes/\$72  
starting Tuesday July 11**

July 11, 25, Aug 1, 8, 22, Sept 5, 12, 26  
for students who have taken Bridge  
Basics 2 or players who have talked  
with the teacher about the class. Call  
Jim Solomon for details at 538-9889,  
and sign up in the Office.

**The kitchen will be closed for  
repairs on Friday, July 28. The  
Senior Center will be open, but  
No lunch will be served.**

## Check Out Summer Senior Center Day Trips

**July 12:** Caldecott Tunnel Tour,  
Spenger's, & Berkeley's 4<sup>th</sup> St.

**Aug. 2:** The Gardens of Golden  
Gate Park with Craig Smith,  
Beach Chalet Lunch & Murals

**Sept. 27:** Tours Russian River  
Rose Company & Mrs.  
Grossman's Sticker Factory (the  
best scrap booking place ever!)

### Trip Meeting

**Weds, July 26, 1 pm**

**Premier World Discovery  
Classical Italy - Fall 2006**

**2007**

**2 Riverboat Cruises**

**Holland & Belgium Cruise &**

**Danube River Cruise to**

**Prague, Vienna & Budapest**

**Swiss Highlights - 7 nights at  
the 5 star Montreux Palace &  
Swiss sight seeing.**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.